



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09218, Tangerines, (mandarin oranges), raw

Report Date: July 01, 2017 03:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5	g	85.17	15	0.761	80.68	88.6	4.0	83.052	87.281	5	Analytical or derived from analytical	--	12/2003
Energy	kcal	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	223	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein 1 2	g	0.81	9	0.012	0.5	1	1.0	0.662	0.961	2	Analytical or derived from analytical	--	12/2003
Total lipid (fat) 1 2	g	0.31	7	0.041	0.17	0.42	1.0	-0.206	0.825	2	Analytical or derived from analytical	--	04/2004
Ash 1 2	g	0.38	9	0.026	0.3	0.47	1.0	0.05	0.702	2	Analytical or derived from analytical	--	12/2003
Carbohydrate, by difference	g	13.34	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fiber, total dietary 1 4 5 6	g	1.8	9	0.205	1.3	2.3	3.0	1.163	2.466	4	Analytical or derived from analytical	--	12/2003
Sugars, total 1 3	g	10.58	8	0.980	8.87	15.16	1.0	-1.875	23.041	2	Analytical or derived from analytical	--	12/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1 3	g	6.05	8	0.664	4.25	8.64	1.0	-2.382	14.481	2	Analytical or derived from analytical	--	12/2003
Glucose (dextrose) 1 3	g	2.13	8	0.085	1.81	3	1.0	1.053	3.217	2	Analytical or derived from analytical	--	12/2003
Fructose 1 3	g	2.40	8	0.233	1.91	3.53	1.0	-0.566	5.366	2	Analytical or derived from analytical	--	12/2003
Lactose 1	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2003
Maltose 1	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2003
Galactose 1	g	0.00	5	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2003
Starch 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Minerals													
Calcium, Ca 1 2	mg	37	9	0.752	29	48	1.0	26.966	46.089	2	Analytical or derived from analytical	--	12/2003
Iron, Fe 1 2	mg	0.15	9	0.011	0.13	0.23	1.0	0.004	0.296	2	Analytical or derived from analytical	--	12/2003
Magnesium, Mg 1 2	mg	12	9	0.068	11	13	1.0	11.249	12.966	2	Analytical or derived from analytical	--	12/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 1 2	mg	20	9	0.105	17	22	1.0	18.621	21.289	2	Analytical or derived from analytical	--	12/2003
Potassium, K 1 2	mg	166	9	2.145	130	196	1.0	139.14	193.65	2	Analytical or derived from analytical	--	12/2003
Sodium, Na 1	mg	2	3	0.908	0	4	2.0	-2.082	5.732	1	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1 2	mg	0.07	9	0.001	0.06	0.08	1.0	0.055	0.093	2	Analytical or derived from analytical	--	12/2003
Copper, Cu 1 2	mg	0.042	9	0.001	0.03	0.06	1.0	0.033	0.051	2	Analytical or derived from analytical	--	12/2003
Manganese, Mn 1 2	mg	0.039	9	0.004	0.03	0.05	1.0	-0.012	0.09	2	Analytical or derived from analytical	--	12/2003
Selenium, Se 1	µg	0.1	2	--	0.1	0.1	1.0	--	--	1	Analytical or derived from analytical	--	12/2003
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	26.7	9	1.868	22.1	34	1.0	2.978	50.437	2	Analytical or derived from analytical	--	12/2003
Thiamin 1 2	mg	0.058	9	0.008	0.04	0.08	1.0	-0.042	0.158	2	Analytical or derived from analytical	--	12/2003
Riboflavin 1 2	mg	0.036	9	0.003	0.02	0.05	1.0	-0.006	0.078	2	Analytical or derived from analytical	--	12/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1 2	mg	0.376	9	0.011	0.31	0.46	1.0	0.241	0.51	2	Analytical or derived from analytical	--	12/2003
Pantothenic acid 1 2	mg	0.216	9	0.009	0.14	0.29	1.0	0.105	0.327	2	Analytical or derived from analytical	--	12/2003
Vitamin B-6 1 2	mg	0.078	9	0.003	0.05	0.09	1.0	0.034	0.122	2	Analytical or derived from analytical	--	12/2003
Folate, total 1 2	μg	16	9	2.360	9	23	1.0	-13.847	46.127	2	Analytical or derived from analytical	--	12/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	16	9	2.360	9	23	1.0	-13.847	46.127	2	Analytical or derived from analytical	--	05/2006
Folate, DFE	μg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Choline, total 1	mg	10.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 1	mg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 2 7	μg	34	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 7	µg	155	12	58.677	30	445	2.0	-97.805	407.125	3	Analytical or derived from analytical	--	04/2004
Carotene, alpha 1 7	µg	101	8	86.390	14	400	1.0	-997.099	1198.279	2	Analytical or derived from analytical	--	07/2003
Cryptoxanthin, beta 1 7	µg	407	8	77.610	43	485	1.0	-578.739	1393.519	2	Analytical or derived from analytical	--	07/2003
Vitamin A, IU 2 7	IU	681	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lycopene 1 7	µg	0	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	07/2003
Lutein + zeaxanthin 1 7	µg	138	8	105.174	11	243	1.0	-1198.536	1474.188	2	Analytical or derived from analytical	--	07/2003
Vitamin E (alpha-tocopherol) 1	mg	0.20	3	0.083	0.12	0.37	2.0	-0.155	0.562	1	Analytical or derived from analytical	--	12/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2003
Tocopherol, gamma 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ¹	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	0.0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2003
Lipids													
Fatty acids, total saturated	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
14:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total monounsaturated	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
16:1 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:1 undifferentiated	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total polyunsaturated	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:2 undifferentiated	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:3 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan ¹	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Threonine ¹	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Isoleucine ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Leucine ¹	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine 1	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Methionine 1	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Cystine 1	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Phenylalanine 1	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Tyrosine 1	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Valine 1	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Arginine 1	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Histidine 1	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Alanine 1	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Aspartic acid 1	g	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid 1	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Glycine 1	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Proline 1	g	0.074	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Serine 1	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2004
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Flavanones													
Hesperetin ^{10 11}	mg	7.9	--	2.12	4.52	11.17	--	--	--	--	--	--	--
Naringenin ^{10 11}	mg	10.0	--	1.47	1.74	29.15	--	--	--	--	--	--	--
Flavones													
Apigenin ¹²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Luteolin ¹²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Kaempferol ¹²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Myricetin ¹²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Quercetin ¹²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Isoflavones													
Daidzein ¹³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ¹³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ¹³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6d, 2002 Beltsville MD

²Produce Marketing Association (PMA) Nutrient Content of Tangerines, 1992

³Nutrient Data Laboratory, ARS, USDA Variability of the sugar content of foods, 1989 Beltsville MD

⁴J Marlett Content and composition of dietary fiber in 117 frequently consumed foods, 1992 Journal of the American Dietetic Association 92 2

⁵Nutrient Data Laboratory, ARS, USDA Analysis of low-fat and new food items, 1993 Beltsville MD

⁶National Cancer Institute (NCI), DHHS Total dietary fiber content of selected foods, 1992

⁷National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997

⁸Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521

⁹Hellström, Törrönen, A.R., and Matilla, P.H. Proanthocyanidins in common food products of plant origin, 2009 J. Agric. Food Chem. 57 pp.7899-7906

¹⁰del Caro, A., Piga, A., Vacca, V., and Agabbi, M. Changes of flavonoids, vitamin C, and antioxidant capacity in minimally processed citrus segments and juices during storage., 2004 Food Chemistry 84 pp.99-105

¹¹Franke, A.A., Custer, L.J., Arakaki, C., and Murphy, S.P. Vitamin C and flavonoid levels of fruits and vegetables consumed in Hawaii., 2004 J. Food Comp. Anal. 17 pp.1-35

¹²Lugasi, A. and Hovari, J. Flavonoid aglycons in foods of plant origin II. Fresh and dried fruits., 2002 Acta Alimentaria 31 1 pp.63-71

¹³Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. Daidzein and genistein content of fruits and nuts., 2000 J. Nutr. Biochem. 11 pp.326-331